



“Home is not where you live, but where they understand you.”



Dear Friends and Supporters of MHA,

The Mental Health Association's 2011 Fiscal Year was one of growth, development and forward thinking. A Capital Campaign, a Building Renovation and an Organizational Assessment have been the hallmark of MHA's ongoing efforts to be an efficient, responsible and sustainable community resource.

We continued to rent out the building at 226 S. Jefferson St. that we purchased in March of 2010 while we completed all of the architectural, engineering and other pre-planning work. Construction began in August of 2011, with an anticipated move-in date of late spring 2012.

The public phase of our Capital Campaign began in October 2010, with 50% of the \$3.4 million having been raised in the silent phase. The Ausherman Family Trust very generously granted us a second \$200,000 matching grant, we were awarded a City Community Development Block Grant, and several supporters opened their homes to us for receptions, all of which helped to jumpstart this phase. The overwhelming support from individuals, foundations and businesses for this project has affirmed that MHA's dream of a first stop for Mental Health in Frederick County is actually a shared community vision.

With our external renovation in full swing, it was time to take a look inward. A Capacity Building Grant from the Ausherman Family Foundation enabled MHA to conduct an organizational assessment in order to ensure that our agency's administrative infrastructure is able to keep pace with the rapid program growth and demand in services that we've experienced over the last several years.

Please take the time to read through this report where you will see that, with your help, MHA continues to positively impact children, adults and families in Frederick and the surrounding region.

With sincere gratitude,

Pat Hanberry, CEO and Terry O'Malley, President and MHA Board of Directors



What We Do

2011

Empowering...

Everyone through 2-1-1 and hotline referral, support and crisis intervention 24/7

Individuals, couples, children and families with professional outpatient therapy for on a free and sliding scale

Families by providing coaching, tools and skills to build a strong foundation for a healthy future

Children to spend time with non-custodial parents in a safe and neutral location

Youth are provided with knowledge about bullying, child abuse, drug abuse, smoking, healthy eating habits, and Internet safety in a fun, interactive and challenging way

Students to shore up their academic skills, develop their burgeoning social skills and promote sound emotional health at after school programs in two county middle schools

The elderly and homebound through supportive calls from trained call specialists

Educating by providing...

A unique internship program for 2nd year graduate level counseling, psychology and social work majors from area universities including Loyola and Johns Hopkins

Professional development programs for early childhood educators

Intensive in-home case management, education and coaching for first time high risk parents

Mental Health First Aid training

Community education on mental health related topics and issues

Advocating by...

Ensuring that abused and neglected children have a voice in the court system by training and managing Court Appointed Special Assistant (CASA) in Frederick County and Voices for Children in Carroll County

Preparing Annual Guide to Mental Health and Community Support Services

MHA was recognized with the prestigious **Business Ethics Award for 2011** by the Rotary Club of Carroll Creek and the Frederick News Post.

and so much more...

mission

TO BUILD A STRONG FOUNDATION

of emotional wellness by educating, empowering and advocating for children, adults and families.



55 Community volunteers were trained as Court Appointed Special Advocates (CASA) to act in the best interests of 85 children who have been abused or neglected.



22,239...

Total number of calls for information, referral and crisis handled by specially trained MHA Call Specialists.

... **1,404** of these calls were related to suicide and 1,252 callers were considering suicide.

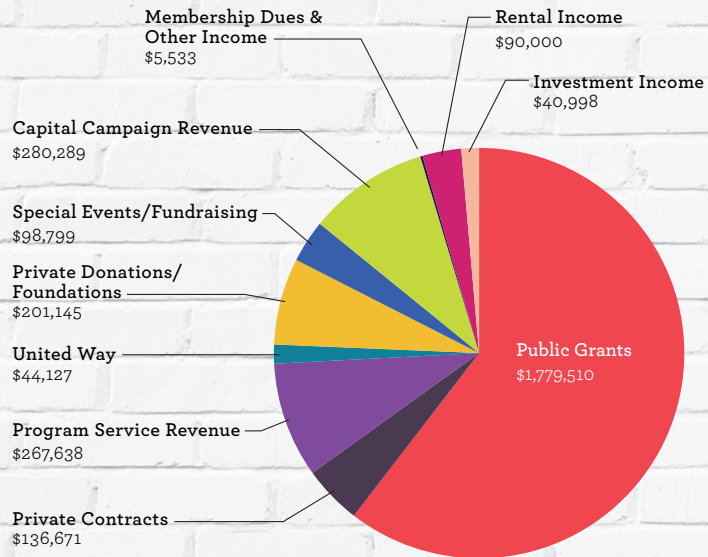
2,945 Hours of therapy provided to 290 adults, children and families regardless of their ability to pay.

2,453 Inquires were made by childcare providers seeking technical assistance, and information from Child Care Choices professionals.

13,643 Children, teens and educators learned about tools to help them to prevent child abuse and bullying; safely navigate the internet; manage stress and anger.



TOTAL SUPPORT AND REVENUE \$2,944,710*



TOTAL EXPENSES

| | | |
|------------------------------------|--|---------------------|
| <i>Program Services</i> | | |
| Child Care Choices | | 817,808 |
| Hotline | | 478,275 |
| Counseling Services | | 185,532 |
| Prevention | | 647,509 |
| MHA Programs | | 44,842 |
| Training | | 5,750 |
| Total Program Services | | \$2,179,716 |
| <i>Supporting Services</i> | | |
| Fundraising | | 72,010 |
| Capital Campaign | | 66,724 |
| Building Expenses | | 68,489 |
| Management and General | | 272,995 |
| Total Supporting Services | | \$ 480,218 |
| Total Expenses | | \$2,659,933* |
| Beginning Net Assets | | \$ 1,163,977 |
| FY11 Increase in Net Assets | | \$ 284,777 |
| Ending Net Assets | | \$1,448,754 |

*Does not include \$108,280 of in-kind donations received and sold.

82% of expenses are for MHA Programs and Services that benefit our community.*

“ We make a living by what we get, but we make a life by what we give. ”

~Winston Churchill

Humanitarian Society Cumulative Gifts of \$250,000+

Ausherman Family Foundation

Leadership Society Cumulative Gifts of \$100,000 - \$249,999

Constellation Energy

Cornerstone Society Cumulative Gifts of \$50,000 - \$74,999

Anonymous

Investor Society Cumulative Gifts of \$25,000 - \$49,999

The G. Frank Thomas Foundation
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Dove Society Cumulative Gifts of \$10,000 - \$24,999

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**We have made every effort to ensure the accuracy of
this list, but please notify us of any errors or omissions.*

“Those who
can, do.
Those who
can do
more,
volunteer.”

-Unknown

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As a business owner I recognize that for my staff and students, THE TEMPLE is just one part of their lives. Students come to us with their rolling cosmetic cases containing the tools of the trade, and far too often, they also carry some heavier baggage that can become overwhelming. While I can train students in professional best practices, I don’t have all the answers when it comes to helping these young adults cope with many of the life challenges they face. That is why the Mental Health Association is such an important partner.

A student came to me seeking support. Her grief at losing a child had become overwhelming. The passion and drive she once had, seemed to have slipped away, and she struggled just to get through each day. I told her about the 2-1-1 information and referral hotline operated by the Mental Health Association of Frederick County. After about an hour on the phone with a Call Specialist who listened with a trained ear and spoke in a caring and comforting voice, her relief was visible. She was connected with a support group and resources that could help her cope with her grief and loss. She began to heal and had found the tools she needed to go on. I am happy to say that she is re-discovering love for her craft and is back on track to fulfill her dreams.

“Every business should support and have a relationship with the MHA: you never know when and how you will need their services. We are truly blessed to have them here in our community.”

Sharon Riser, Owner / Director of THE TEMPLE
A Paul Mitchell Partner School



Leadership

2011

We envision a community where children can grow and thrive without fear, where good mental health is valued, where people of all ages know when and how to seek help for emotional or family problems without shame, and where everyone will have access to mental health services without barriers.



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